Floreio Workout Number 3

Today, no new movements. (But tomorrow... mmmmm... Lets just say - come back...)
We are going to do a lot of Prehab this time, making sure we prepare our bodies and joints the best that we can for future workloads.

Floreio Workout Number 3 - Beginners, Intermidiates and Advanced

A1 Jump Rope 3 Min
A2 Ido's Squat Clinic Routine X 1 set
A3 Shoulder ROM and Stabilization routine X 1 set
A4 Wrists Routine X 1 set (For info - read Preparations For Our Daily Training post)

Repeat for a total of 3 subsequent sets - no rest

Don’t neglect your hips, wrists and shoulders preparation, they will be heavily used tomorrow.